

## Full Report (All Nutrients) 20040, Rice, brown, medium-grain, raw

Report Date: June 27, 2017 04:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:3.41 Nitrogen to Protein Conversion Factor:5.95**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 190g
<b>Proximates</b>					
Water	g	12.37	4	0.673	23.50
Energy	kcal	362	--	--	688
Energy	kJ	1515	--	--	2878
Protein	g	7.50	7	0.289	14.25
Total lipid (fat)	g	2.68	5	0.225	5.09
Ash	g	1.27	4	0.050	2.41
Carbohydrate, by difference	g	76.17	--	--	144.72
Fiber, total dietary	g	3.4	--	--	6.5
<b>Minerals</b>					
Calcium, Ca	mg	33	1	--	63
Iron, Fe	mg	1.80	5	0.138	3.42
Magnesium, Mg	mg	143	1	--	272
Phosphorus, P	mg	264	3	17.324	502
Potassium, K	mg	268	4	14.077	509
Sodium, Na	mg	4	1	--	8
Zinc, Zn	mg	2.02	--	--	3.84
Copper, Cu	mg	0.277	--	--	0.526
Manganese, Mn	mg	3.743	--	--	7.112
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.413	5	0.042	0.785
Riboflavin	mg	0.043	5	0.007	0.082

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 190g
Niacin	mg	4.308	5	0.207	8.185
Pantothenic acid	mg	1.493	--	--	2.837
Vitamin B-6	mg	0.509	--	--	0.967
Folate, total	µg	20	--	--	38
Folic acid	µg	0	--	--	0
Folate, food	µg	20	--	--	38
Folate, DFE	µg	20	--	--	38
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.536	--	--	1.018
12:0	g	0.002	--	--	0.004
14:0	g	0.010	--	--	0.019
16:0	g	0.457	--	--	0.868
18:0	g	0.048	--	--	0.091
Fatty acids, total monounsaturated	g	0.971	--	--	1.845
16:1 undifferentiated	g	0.010	--	--	0.019
18:1 undifferentiated	g	0.961	--	--	1.826
Fatty acids, total polyunsaturated	g	0.959	--	--	1.822
18:2 undifferentiated	g	0.918	--	--	1.744
18:3 undifferentiated	g	0.041	--	--	0.078
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.096	--	--	0.182
Threonine	g	0.275	--	--	0.523
Isoleucine	g	0.318	--	--	0.604
Leucine	g	0.620	--	--	1.178
Lysine	g	0.286	--	--	0.543

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 cup 190g</b>
Methionine	g	0.169	--	--	0.321
Cystine	g	0.091	--	--	0.173
Phenylalanine	g	0.387	--	--	0.735
Tyrosine	g	0.281	--	--	0.534
Valine	g	0.440	--	--	0.836
Arginine	g	0.569	--	--	1.081
Histidine	g	0.190	--	--	0.361
Alanine	g	0.437	--	--	0.830
Aspartic acid	g	0.702	--	--	1.334
Glutamic acid	g	1.528	--	--	2.903
Glycine	g	0.369	--	--	0.701
Proline	g	0.352	--	--	0.669
Serine	g	0.388	--	--	0.737
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0